



*Bellevue Parks &
Community Services*

YOUTH SPORTS 2016

SEPTEMBER-DECEMBER



PROUD SPONSOR OF BELLEVUE YOUTH SPORTS



Great Tasting Lunchmeat

The goal of Youth Sports & Fitness programs is to provide quality programming with responsible leaders so youth have the opportunity to grow and learn. We are a program in which participation is provided to all those who enter, regardless of skill and ability. We wish to provide youth with a fun learning experience and the opportunity to develop lifetime sports and fitness skills.

SOCCER LEAGUES

YOUTH SOCCER PROGRAM INFORMATION

The Youth Sports Soccer League is specially designed to help your child understand the team concept of soccer, enhancing their dribbling, passing, scoring and defense. The values of teamwork and strategy along with understanding the importance of sportsmanship create an environment that promotes positive developmental assets amongst our youth.

- **League Structure:** The first 2 weeks are practice, followed by 5 weeks of games. This league is a one day per week commitment. Always the same location and time.
- **Uniforms:** Jersey is included in the registration fee and will be issued on your first game day.
- **Shin guards are required for all soccer leagues.**
- **Inclement Weather Policy:** Cancellations due to inclement weather will be made by the Recreation Coordinator at the field. Coaches and players must report to the field. Soccer is an all-weather sport. Come prepared to play in all weather!
- **VOLUNTEER COACHES NEEDED:** Volunteer soccer coaches are needed. Call 425-452-4627 for more information and to receive a \$20 discount towards your registration fee. Background check required & attendance to mandatory coach's clinic to receive discount.
- Participants will be assigned to teams based on the following:
 - Special request for coach.
 - Special request for ONE teammate. Additional requests for teammates will not be considered.
 - Age and gender of participant.
- **Please note that there are no guarantees regarding requests or team assignments. All requests must be made before September 12 by email to sgonzales@bellevuewa.gov or by calling 425-452-4627**
- **I've signed up for soccer...now what do I do?** You will be contacted prior to the league start date via email. This email will include your team confirmation and parent packet.



MIGHTY MITES SOCCER LEAGUE (AGES 5-6)

This 5-6 year old co-ed league, is a great way for your little star to begin team play with emphasis on participation, fun, and skill development in an instructional setting. This 7 week league, will give your child the basic instructions of dribbling, passing, scoring and teamwork! We will begin with 2 weeks of team practice followed by 5 weeks of games on Tuesdays from 4:15-5:30pm at Robinswood Sports Field. Come and join the fun! Volunteer coaches are needed for this league. Max. 6 players per team.

Robinswood Sports Field

4:15-5:15pm

Tue, Sep 20-Nov 1

Resident: \$80

Non Resident: \$95

#106171



YOUTH SOCCER LEAGUE (AGES 7-9)

This 7-9 year old co-ed instructional league is a great way to further develop and enhance your basic knowledge and skills in soccer. This 7 week league, will emphasize positive sportsmanship and team play while having fun! We will begin with 2 weeks of team practice followed by 5 weeks of games on Wednesdays from 4:15-5:30pm at Robinswood Sports Field. Come and join the fun! Volunteer coaches are needed for this league. Max. 7 players per team.

Robinswood Sports Field

4:15-5:15pm

Wed, Sep 21-Nov 2

Resident: \$80

Non Resident: \$95

#106172

PRE SEASON BASKETBALL CLINIC

Want to improve your basketball skills and fundamentals? This Pre Season Basketball Clinic creates an opportunity for coed players, ages 5-11 to participate and learn the concepts of basketball, develop their game, and prepare for the upcoming basketball season. Clinics focus on helping athletes improve their skills and develop their talent by learning basic practice drills and emphasizing the fundamentals such as dribbling, shooting, defense, passing and much more! Min10/Max 30

Tyee Community Gym

5:30-6:30 pm

Resident: \$60 Non-Resident: \$66

#107799

Ages: 5-6

Mondays, Nov 7-Dec 12 (No Class Nov 21)

#107800

Ages: 7-8

Tuesdays, Nov 8-Dec 13 No Class Nov 22)

#107801

Ages: 9-10

Wednesdays, Nov 9-Dec 14 (No Class Nov 23)

#107802

Ages: 11-13

Thursdays, Nov 10-Dec 15 (No Class Nov 24)

COURSES

BIDDY MULTI SPORT (AGES 3-4)

Come join the NEW Biddy Multi Sport class! This 4 week parent/guardian participation required program will cover three sports-basketball & soccer. Each class is 45 minutes in length and encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. The result of our action-packed curriculum is a program which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence. Min 6 /Max 12

Tyee Community Gym

Resident: \$45

#102570

#102571

#102572

South Bellevue Community Center

#102573

#102574

Saturdays, 9:30am-10:15am

Non-Resident: \$54

Sep 17-Oct 8

Oct 15-Nov 5

Nov 12-Dec 10 (No Class Nov 26)

Thursdays, 11-11:45am

Sep 15-Oct 6

Oct 13-Nov 3



ATAVUS RUGBY 100 (AGES 4 TO 6)

ATAVUS (formerly Serevi) Youth Rugby 100 is for active children who want to try a fun new sport. This program focuses on the development of age-appropriate motor skills (running, catching, passing, and kicking) and social skills (teamwork, following directions, sportsmanship) in a safe, fun and child centered-environment. Emphasis will be on safety and fun at all times. All participants will receive an official Youth Rugby t-shirt. This program is an excellent complement and alternative to other common sports such as football, soccer, track, basketball, and lacrosse.

Robinswood Park (SW Field)

Mondays, 4:30pm-5:45pm

Resident: \$125

Non Resident: \$150

#102634

Sep 19-Nov 7

ATAVUS RUGBY 200 (AGES 6-9)

ATAVUS Youth Rugby presents Rugby 200 for boys and girls who are 'emerging' rugby kids. Rugby 200 is a healthy and active program that keeps kids moving through small sided games and scrimmages. Participants will perform a variety of 'rugby moves' in play: pass & loop, kick & collect, evade & score and more as they acquire more confidence and comprehension. With the focus on fun, teamwork and sportsmanship, each child's talents will begin to shine through the teaching of our certified ATAVUS coaching staff. All participants will receive an official Youth Rugby t-shirt, wristband, and sticker.

Robinswood Park (SW Field)

Mondays, 4:30pm-5:45pm

Resident: \$125

Non Resident: \$150

#102639

Sep 19-Nov 7

ATAVUS RUGBY 300 (AGES 10-12)

ATAVUS Youth Rugby presents Rugby 300 for developing rugby kids. With a progression in speed of play, participants will showcase their skills in both individual and team settings. Building on the lessons of Rugby 100 & Rugby 200 (not required), participants will have a full grasp of a variety of kicks, handling skills & trick moves, evasive running abilities, improvements in field vision and how to fix and beat defenders in a variety of situations. Sessions are comprised of skill work touch rugby scrimmages. All participants receive an official Youth Rugby t-shirt, wristband, and sticker.

Robinswood Park (SW Field)

Mondays, 4:30pm-5:45pm

Resident: \$125 Non Resident: \$150

#102645

Sep 19-Nov 7





INDOOR SOCCER LESSONS WITH MICHAEL SMITH (AGES 4-6)

Come and learn the fun game of soccer! Each session our theme will focus on one soccer technique; dribbling, passing or scoring goals. Participants will also actually play small sided soccer games. Children will learn to play with teammates and develop balance/ coordination while developing good habits of staying on task and improving their listening skills.

Resident \$65

South Bellevue Community Center

#102739

Tuesdays, Nov 01-Dec 06

#102740

Highland Community Center

#102746

#102741

Wednesdays, Nov 02-Dec 07

#102742

#102743

Non Resident \$77

Tuesdays, Sep 20-Oct 25

10:30-11:15 am

10:30-11:15 am

Wednesdays, Sep 21-Oct 26

1-1:45 pm

2-2:45 pm

1-1:45 pm

2-2:45 pm

SUPERSTIX GIRLS LACROSSE CLINIC (AGES 6-14)

Bellevue Parks & Community Services in partnership with SuperStix Lacrosse Club is excited to offer SuperStix Junior Lacrosse, for girls, ages 6-14; Lacrosse is the fastest growing sport in the nation. Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. The program will be run by US Lacrosse credited coaching staff and High School girls lacrosse players. Skills developed are: agility and evasive running, ball handling, cradling, catching and shooting in a fun friendly environment. Team work and sportsmanship are fundamental to this program. Players of ALL Skills levels are welcome and will be grouped accordingly. Emphasis will be on safety and fun at all times, and physical contact is limited. Min8/Max 30

Equipment Needed: Mouth Guard, Lacrosse Goggles, Lacrosse Stick Cleats recommended. Some goggles and sticks available to borrow. Available at cost from SuperStix



Robinswood Park

Thursday 4:30-5:45pm

Resident: \$125.00 Non-resident: \$150.00

#106026 Sep 22-Oct 27

MARTIAL ARTS

KENDO (AGES 8 & UP)

Highland Community Center **Fridays, September 16-December 9**

(No class November 11 and November 25)

Resident: \$77

Non Resident: \$92

Beginner: 6:30-8pm / Intermediate: 6:30-8:30pm / Advanced: 7:30-9:30pm

BEGINNING KENDO

#102771

Kendo is a coed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use a Bokken (oak sword) for weeks 1-4, at week 5 a Shinai (bamboo sword) is also required. Participants must purchase a Bokken either before or at the first class. Beginning students should wear loose fitting clothes. The beginning class focus is on learning basic footwork and sword handling. Upon completion of the beginning class, continuing students enroll in the intermediate class. Prospective students should make an effort to research kendo prior to signing up for the class. Min 10/Max 25

INTERMEDIATE KENDO

#102775 (Prerequisite-Completed Beginning Kendo Class or equivalent)

Intermediate Kendo is a continuation of where the students progress to actual striking of live targets. Once the student has progressed in skill they will be able to move into wearing armor and engage in bouts with other students. Students remain in intermediate until they have transitioned to armor. During intermediate kendo students generally purchase uniforms which are required for advanced kendo. All students in armor are in the Advanced Class.

ADVANCED KENDO

#102785 (Prerequisite-Intermediate Kendo Class or permission from instructors)

Advanced kendo is for those students that have completed beginning and intermediate kendo and are in armor (bogu). Individuals with previous experience must contact the teacher for approval to enroll in advanced kendo.



SELF DEFENSE/HAPKIDO (BEGINNING) (AGES 6-12)

This co-ed course helps young people develop coordination, balance, focus, strength, self-esteem, group interaction, communication skills and discipline, while teaching personal safety/self-defense in a safe, friendly environment. In addition to lots of conditioning exercises, students will learn a basic kicks, strikes, throws, evasions, grappling and weapons. Uniform required & available at class for a fee, Min 10/ Max 30.

www.conquerorhapkido.com

North Bellevue Community Center

Resident: \$50

Non-Resident: \$60

Mondays & Wednesdays

5:30-6:30pm

#102793

Sep 7-Oct 3

#107827

Oct 5-31

#107828

Nov 2-28

#107829

Nov 30-Dec 19



SELF DEFENSE/HAPKIDO

(JUNIOR CONQUERORS TO CONQUERORS) (AGES 13 & UP)



With a blend of traditional and real-world scenarios, students learn to identify, avoid and de-escalate potentially dangerous situations. In addition to lots of conditioning exercises, students will learn blocks, strikes, throws, evasion and grappling. In this class, unlike the little conquerors class, students will start learning joint locks and pressure points (adults only).

Prerequisite: Graduation from the junior conqueror class, or age 13 and above. Instructor permission required to attend, Min 10/ Max 30.

www.conquerorhapkido.com

North Bellevue Community Center

Resident: \$50

Non-Resident: \$60

Wednesdays & Mondays

6:30-7:30pm

#102831

Sep 7-Oct 3

#107830

Oct 5-31

#107831

Nov 2-28

#107832

Nov 30-Dec 19

CITY OF BELLEVUE SKATE PARKS

BELLEVUE INDOOR SKATE PARK

14224 Bel-Red Road, 98007. Bellevue's first skate park was created in 1994 as part of a Youth Link project. It is renovated annually by skateboarders. Over 25,000 skateboarders have joined since the park opened. Now there are two skateboarding facilities at Highland Park — the original Bellevue Skate Park, an indoor haven for boarders, and Highland Skate Plaza, an outdoor space devoted to street skating.

HIGHLAND OUTDOOR SKATE PLAZA

14224 Bel-Red Road, 98007. This 13,000 square-foot skatepark replicates some of the world's favorite street skate spots. Instead of half pipes or bowls, it resembles everyday obstacles including various ledges, banks, stairs, hubbas, rails, benches, gaps and barriers. The park is also lit for evening skateboarding or rollerblading.

CROSSROADS SKATE PARK

Crossroads Community Center, 16000 NE 10th Street, 98008. This state-of-the-art bowl was built by world renowned Grindline skate park builders. Empty swimming pools paved the way for one of the earliest genres of skateboarding in the '70's. This skate park was built to emulate a similar feel, with modern additions. The massive bowl's depths range from 4' to 9.5' and features an over-vertical 'clamshell', multiple hips, escalators, tombstone, and various coping made of steel and concrete.

LAKEMONT SKATE COURT

Lakemont Community Park, 5170 Village Park Drive, 98006 Smaller than a traditional skate park, the outdoor skate court includes a pyramid, ledges, a wall-ride, and other obstacles. Designed for skateboarding and rollerblading.

FALL/WINTER PARK HOURS

Mon, Tue, Thu, Fri	3-8pm
Wed	1-8pm
Saturday & Sunday	12-1:30pm (12 & Under) 1:30-7pm (Open Session)

PARK FEES

Lessons:	\$40/hr	\$25/½hr	ID Card*:	\$8(R)	\$10(NR)
Session:	\$4(R)	\$5(NR)	10 Session Pass:	\$35(R)	\$45(NR)

RENTALS

For information about our various rental packages, one-on-one lessons, skateboard camps, events and park fees email: SK8@bellevuewa.gov, call: 425-452-2722, or visit www.bellevuewa.gov/highland_skate_parks.htm

*To purchase an ID card, you must have a parent or guardian signature if you are under 18 years old.

American Sign Language (ASL) or other interpretation available upon request. Assisted listening devices available. Call at least 48 hours in advance for any request. 425-452-6884 or Relay Service 711.

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Bellevue Parks & Community Services

Register today

425-452-6885

or



MyParksandRecreation.com

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Scholarships available for all programs.